

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Menaquinone-4 (µg)

Food Groups: Dairy and Egg Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: July 10, 2016 12:44 EDT

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
01009	Cheese, cheddar	132.0	1.0 cup, diced	11.4
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	10.1
01040	Cheese, swiss	132.0	1.0 cup, diced	8.3
01032	Cheese, parmesan, grated	100.0	1.0 cup	7.1
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	6.8
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	5.7
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	5.4
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	4.4
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	4.0
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	3.5
01031	Cheese, neufchatel	28.35	1.0 oz	2.6
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	2.4
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	2.4
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.7
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	1.6
01017	Cheese, cream	14.5	1.0 tbsp	1.3
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.0
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	1.0
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.8
01225	Dulce de Leche	19.0	1.0 tbsp	0.8
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.8
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.7
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.2
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.1
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0
01069	Cream substitute, powdered	94.0	1.0 cup	0.0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0